

What is claimed is:

- [c01] 1. A stabilizer for stabilizing a handheld object, comprising:  
a stabilizing cord; and  
an attachment device attached to the stabilizing cord for attaching the stabilizing cord to the handheld object,  
wherein the handheld object can be stabilized when the stabilizing cord is pulled taut.
- [c02] 2. The stabilizer of claim 1, wherein the attachment device comprises at least one of: an attachment and a sling attachment.
- [c03] 3. The stabilizer of claim 1, wherein the stabilizer further comprises:  
a button adapter, wherein the button adapter allows the stabilizer to be attached to the handheld object.
- [c04] 4. The stabilizer of claim 1, wherein the stabilizer further comprises:  
a cord lock, wherein the cord lock identifies the position where the stabilizer needs to be secured to pull taut at a proper desired position.
- [c05] 5. The stabilizer of claim 1, wherein said stabilizing cord is a retractable stabilizing cord with a housing therefore, wherein said retractable stabilizing cord can be stored within the housing.
- [c06] 6. The stabilizer of claim 1, wherein the stabilizer further comprises:

a device storage housing capable of allowing the stabilizer to be stored compactly.

[c07] 7. A method for stabilizing a handheld object, the method comprising the steps of:

attaching a stabilizer to the handheld object;

securing the stabilizer; and

pulling on the handheld object until a stabilizing cord on the stabilizer is taut to stabilize the handheld object.

[c08] 8. The method of claim 7, wherein the handheld object comprises at least one of: a camera, a camcorder, a firearm, a set of binoculars, a telescope, a survey instrument, a cellular telephone, a personal digital assistant, a disposable camera, a spotting scope, and a training device.

[c09] 9. The method of claim 7, wherein the stabilizer comprises:

a stabilizing cord; and

an attachment device attached to the stabilizing cord for attaching the stabilizing cord to the handheld object,

wherein the handheld object can be stabilized when the stabilizing cord is pulled taut.

[c10] 10. The method of claim 9, wherein the stabilizer further comprises:

a button adapter, wherein the button adapter allows the stabilizer to be attached to a handheld object.

[c11] 11. The method of claim 9, wherein the stabilizer further comprises:

a sling attachment, wherein the sling attachment allows the stabilizer to be attached to a handheld object.

[c12] 12. The method of claim 9, wherein the stabilizer further comprises:

a cord lock, wherein the cord lock identifies the position where the stabilizer needs to be secured to pull taut at a proper desired position.

[c13] 13. The method of claim 9, wherein said step of securing the stabilizer comprises at least one of: stepping on the stabilizing cord while standing to secure said stabilizing cord with a foot, stepping on the stabilizing cord while sitting to secure said stabilizing cord with a foot, kneeling on the stabilizing cord to secure said stabilizing cord with a knee, and connecting the stabilizing cord to a predetermined object.

[c14] 14. The method of claim 9, wherein said step of securing the stabilizer comprises wrapping said stabilizing cord around a predetermined object and securing said stabilizing cord with a snap hook or loop hook that locks said stabilizing cord against a cord lock or buckle secured to the cord.

[c15] 15. The method of claim 9 wherein the stabilizer further comprises:

a modified cord lock with a button or knob thereon, said button or knob being capable of releasable attachment to a clip to be connected and removed on a belt, bag, strap or piece of clothing.